

Eating healthy in poor economy



Health & Fitness

with Amber DeVore, RD, LDN
Semper Fit Health Promotion Dietitian

With today's economy, we could all benefit from a little extra cash in our pockets.

As a dietitian, I often hear people say, "Eating healthy is expensive." I have to agree choosing nutritious food is more expensive than choosing foods that tend to be less nutritious.

One of the reasons is less nutritious foods tend to have a longer shelf life, making them more economical for grocery stores and families alike. With the passage of New Year's and so many Americans having made the resolution to lose weight or eat healthier, I would like to offer some advice on how to do so in a cost friendly way. I visited a couple grocery stores in the area and this is what I found:

Consider buying dry powdered milk. Simply add water to the dry powdered milk mix to make milk. Also, adding powdered milk to foods like puddings, mashed potatoes and soups can be an inexpensive way of substituting milk in

recipes and adding protein to foods if you are unable to get adequate protein in your diet. Compare the cost of nonfat dry powdered milk at \$0.98 per quart to a quart of skim milk at \$1.79. If you're trying to add additional protein to your diet, compare the cost of dry milk powder at \$0.12 per gram of protein to commercially available protein supplements that may cost much more per gram.

If fresh fruit is not an option, give consideration to buying canned fruit in its own juice. Canned fruit may still be costly, but the shelf life of canned fruit is much longer than that of fresh fruit.

Frozen fruit may also be an option. Compare fresh strawberries at approximately \$2.50 per pound versus frozen strawberries at \$1.90 per pound.

Out of season fruits are usually more expensive, so try buying what is currently in season if you like to buy fresh fruit.

Remember frozen or canned vegetables are always another option that may cost less than fresh vegetables. Fresh green beans cost about \$1.99 per 16 ounces, where as a 16-ounce can of green beans costs about \$1.18. Frozen green beans are an even better bargain at about \$0.75 per 16 ounces.

You can always freeze meat, so buying in bulk can save you quite a bit of cash. A family pack of 93/7 ground beef cost about \$2.75 per pound versus 93/7 ground beef sold in one pound packages at about \$3.59.

Occasionally, substitute beans in place of meat in dishes. This will add protein to your diet without breaking the bank. A 15.5 ounce can of pinto beans is about \$0.65 and they are high in fiber and delicious.

Buy meat such as canned salmon or tuna. One pound of canned tuna is about \$2.85. Planning ahead may also save you time and money. Shoppers who bring a grocery list to the store tend to have fewer problems with impulsive purchases.

Clip those coupons. Many of us don't always take the time to clip coupons, but getting coupons today is easier than ever with Web sites devoted to coupon clippers.

Look at the top racks and bottom racks of the grocery store. Sometimes more costly items are showcased at eye level.

Try farmer's markets for fresh produce. This cuts out the middle man, resulting to lower prices.

If you are lucky enough to have commissary privileges, you are already saving money.

Don't get me wrong, fresh food is great, but when you are on a budget, these tips may help you find a balance between your family's finances and nutrition.

If you are interested in learning more about nutrition, please attend the Semper Fit Health Promotion Education Workshop. This class is open to all Department of Defense identification card holders. Call 451-2865 for upcoming workshop dates and to register for the class. Limited seats are available.

OKLAHOMA CITY

Westbrook's honor gives dismal Thunder lone bright spot

MURRAY EVANS
ASSOCIATED PRESS WRITER

Before Friday, Oklahoma City Thunder guard Russell Westbrook didn't know there was such a thing as the NBA's Western Conference rookie of the month award.

"I think it's good," Westbrook said of receiving the honor for December, "but at the same time, we're trying to continue to win and continue to work hard."

Wins have been hard to come by this season for Oklahoma City, 4-31, so any positive recognition is a good thing.

Thunder coach Scott Brooks said, "What would be even better, Brooks said, would be for Westbrook to keep playing in the manner that resulted in him receiving the award."

"With Russell, I think he has to continue to improve, continue to study the game, and he has," Brooks said. "I think he's improving every week. That's a good sign. Most rookies who work hard and are diligent in their efforts, by the end of the season you're going to see an improvement across the board, throughout the season, month to month."

Westbrook started all 15 games last month for Oklahoma City, averaging 15.5 points, 5.1 assists and 5.5 rebounds per game. He twice set a career high in points, scoring 30 at Miami on Dec. 6 and 31

against Phoenix on Dec. 29. He also had 11 assists against Cleveland on Dec. 21.

Among rookies, Westbrook ranked third in scoring, second in assists and sixth in rebounding in December. For the season, he's averaging 13.7 points, 4.5 assists, 4.1 rebounds and 1.6 steals per game, although he's yet to break into potential rookie of the year conversation, the early stages of which have featured Chicago Bulls guard Derrick Rose and Memphis Grizzlies guard O.J. Mayo.

When the former Seattle SuperSonics selected Westbrook with the No. 4 overall pick in last year's NBA draft, skeptics wondered if the 6-foot-3, 187-pound UCLA product would develop into a consistent pro point guard.

Indeed, at times this season, the 20-year-old Westbrook has played out of control — twice committing six turnovers in a game — but he's also shown the skills that resulted in his receiving Pacific-10 Conference defensive player of the year honors last season at UCLA.

Westbrook, who started the season coming off the bench behind Earl Watson, now is a fixture in the Thunder's starting lineup, and he's navigated a coaching change after P.J. Carlesimo was fired after a 1-12 start and Brooks was named as Oklahoma City's interim coach.

U.S. Marine Corps Base Camp Lejeune Encourages Public Participation in its Environmental Clean-up Decisions

Marine Corps Base (MCB), Camp Lejeune, North Carolina is soliciting volunteers to become community members of its Restoration Advisory Board (RAB). Any Onslow County or local citizen who is able to meet the requirements listed below is encouraged to fill out and mail in this membership application to the address given. The community members selected will be appointed to ensure that they represent the diverse interests of the Camp Lejeune community.

As part of its Installation Restoration Program (IRP), the Base has relied on a group of technical experts from local, state, and federal agencies to restore its environmental clean-up sites. Department of Defense and Environmental Protection Agency policy, however, requires that the process of advising the Base on its cleanup activities be broadened to ensure that the public stakeholders concerns are addressed in the process. The RAB has been performing its duties for Camp Lejeune since 1996, and currently has six active community members.

The RAB members serve a dual role: to review and comment on clean-up documents and to serve as liaisons between the RAB and the Camp Lejeune community. You do not need to have a technical background or any special knowledge to become a RAB community member. You do need to be a local resident and be willing to actively participate in the review of material that will affect the timing and direction of Base environmental clean-up activities.

RAB community members will join representatives from the Navy, Marine Corps, Environmental Protection Agency, and the North Carolina Department of Environment and Natural Resources.

RAB community member requirements:

- Members must be able to attend quarterly meetings and agree to have their names, addresses, and home telephone numbers provided to the community.
- Members who miss two or more consecutive meetings may be asked to resign.
- Duties and responsibilities will include reviewing and commenting on technical documents and activities associated with the environmental restoration of MCB, Camp Lejeune.

Please contact the Base Environmental Management Division (EMD) using the following contact information to obtain a RAB membership application. All applications must be submitted no later than 20 April 2009 to:

EMD/EQB
Marine Corps Base
PSC Box 20004
Camp Lejeune, NC 28542
Telephone: (910) 451-5068 Fax: (910) 451-5997



WE GO
WHERE
YOU
GO.

Visit
The Globe
online at
CampLejeune
Globe.com

CAROLINA COAST FINANCE AND INSURANCE

LOCATED INSIDE
NEW RIVER HARLEY-DAVIDSON/BUELL

CALL FOR A FREE
NO OBLIGATION QUOTE

LET US SAVE YOU MONEY TODAY

BOATS	FRIGATE	GMAC	JET SKIS
ATV'S	2394 WILMINGTON HWY. JACKSONVILLE, NC	CARS	
MOTORCYCLES	LOCATED INSIDE NEW RIVER HARLEY-DAVIDSON/BUELL OPEN 9-5 MONDAY-FRIDAY 8-5 SATURDAY	TRUCKS	

EXTREME OUTFITTERS

Oakley SI Assault Boots
in stock now!



Save an extra 10%
on every purchase.
Ask us how...

102 Western Blvd.
(910) 355-2118
www.ExtremeOutfitters.us

Need
directions
to a local
business?

Visit our Yellow
Pages online at
CampLejeuneGlobe.com